COOL OFF
WITH WATERMELON AQUA FRESCA
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HOMAGE
ELTON DUET A DREAM COME TRUE FOR GLEE STAR
{page 14}

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Arrival. Bruin

▶ The Boston Bruins' Mark Recchi walks to a bus after stepping off a plane at Vancouver International Airport yesterday.

DARRYL DYCK/THE CANADIAN PRESS

Counting down to Game 1

Mark Recchi, a Kamloops native, and his fellow Bruins arrived in Vancouver from Boston to take on the Vancouver Canucks in the best-of-seven Stanley Cup final. Game 1 goes tomorrow at 5 p.m. More coverage, pages 24-25.

Police nab man seen with sword

Taser and non-lethal rounds failed to bring the suspect down Suspect allegedly travelled on the SkyTrain waving a sword

JULIA DILWORTH
VANCOUVER@METRONEWS.CA

A man allegedly seen waving a sword and screaming on the SkyTrain and in downtown Vancouver was arrested yesterday.

Police received complaints around 1:30 p.m. that a man was unsheathing a sword-like object and acting irrationally on the SkyTrain at Metrotown station yesterday, said Const. Lindsey Houghton in a press release.

The suspect rode the SkyTrain to Burrard Street station, where he got off and was surrounded by police at the corner of Burrard and West Georgia streets.

Police fired several non-lethal rounds from an Arwen gun and used a Taser on the suspect, but were unable to apprehend him until he began to run away and officers tackled him on foot.

Closing off the intersection caused major traffic delays and affected a number of bus routes.

The incident was all over Twitter, with countless locals looking for answers after hearing about the sword-wielding man downtown.

The suspect is currently in police custody and faces possible weapons-related charges. He will also likely undergo a psychological examination.

No injuries were reported.

For more local news, visit metronews.ca/vancouver

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Monthly payments may vary depending on down payment/trade. Down payment or trade of $2,499 and security deposit may be required. Total obligation is $19,514. Option to purchase at lease end is $7,664 plus applicable taxes. Other lease options available. Applies only to qualified retail customers in Canada. Freight & PDI ($1,450), registration, $350 acquisition fee, air and tire levies and OMVIC fees included. License, insurance, PPSA, dealer fees, excess wear and km charges, and applicable taxes not included. Dealers are free to set individual prices. Dealer order or trade may be required. Offer may not be combined with certain other consumer incentives. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. 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For more information go to www.iihs.org. ☆The Best Buy Seal is a registered trademark of Consumers Digest Communications, LLC, used under licence. **2011 Chevrolet Malibu with 6-speed automatic transmission and 2.4L Ecotec engine and comparably equipped (4 cyl. / automatic transmission) 2011 Toyota Camry and 2011 Ford Fusion. Fuel consumption ratings based on Natural Resources Canada Fuel Consumption Website. Highway fuel consumption as low as 5.9 L/100km. City fuel consumption as low as 9.4 L/100km. Your actual fuel consumption may vary. Excludes hybrid models.

Body of drowned Kenyan student found

Divers have recovered the body of a 24-year-old Kenyan man who likely drowned in Kawkawa Lake near Hope, police say.

The victim, an exchange student whose identity has not been released, was not wearing a life jacket when he fell off a floating dock on Sunday.

The official cause of death won't be known until an autopsy is conducted.

KRISTEN THOMPSON

Two charged in woman's murder

Two men stand accused of first-degree murder in the death of a 22-year-old woman found on a Nanaimo street last week.

Christopher James Robinson and Marcus Brandon Parry, both 24, are accused of killing Brittany Baird, who was the mother of a one-year-old child.

A 25-year-old woman was also arrested in connection with Baird's death, but police haven't announced charges in her case.

RCMP say the victim knew her killers and her death appears to have been planned.

KRISTEN THOMPSON

PHYLICIA TORREVILLAS/FOR METRO

▶ Mario Livich, owner of ShowTimeTickets.com, holds the much-coveted tickets for the Stanley Cup final while standing outside the company's office on Beatty Street yesterday.

Fans divided over pricey 'Nucks tickets

Some shelling out hundreds and even thousands of dollars to experience Stanley Cup final ◐ Others would rather watch in pubs or restaurants

PHYLICIA TORREVILLAS
VANCOUVER@METRONEWS.CA

Canucks fans are divided when it comes to doling out the big bucks for tickets to the Stanley Cup final against the Boston Bruins.

Aiden Wong, who already purchased tickets for Game 2 for $550, said the thrill of experiencing the game live makes up for the expensive price tag.

"I can see how if people aren't fans they'll think it's pretty expensive, but I've followed hockey my whole life, so it's worth it," Wong said.

Mario Livich, owner of ShowTimeTickets.com, said they have been seeing demand from all over the world and fans are showing intense interest in getting their hands on tickets, whatever their cost.

"In the previous years, we've been the underdogs and nobody expected us to win," Livich said. "People want to be there in that moment because that's a priceless memory. People are prepared to pay anything for that memory."

He said the price range for games 1 and 2 runs from $600 to $995, but expects to pay $1,500 just to get in the building for games 6 or 7.

But David Vo said he's happy watching the action in a sports bar with his friends.

"If it feels like a Game 5 scenario where we would win the cup, I would probably fork out some money and go watch the game, but they're really expensive," he said.

1 news

Advisory

The Canadian Press has issued an advisory for the Enchiladas Roll Ups recipe that appeared in Metro's Food section last Thursday. The Canadian Press directs people to check whether their slow-cooker stoneware can be used on the stovetop before attempting the recipe.

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MATT KIELTYKA/METRO

▶ New Whitecaps coach Tom Soehn addresses media yesterday after the club announced Teitur Thordarson has been fired following a slow start to the Major League Soccer season.

Whitecaps turf coach Teitur

Head coach fired after poor start to season Club still hopes to make playoffs despite one win in 12 games

MATT KIELTYKA
@METRONEWS.CA

Teitur Thordarson has paid the price for the Vancouver Whitecaps' sputtering start in Major League Soccer.

On the back of a disappointing 1-1 draw to New York Red Bulls at Empire Field Saturday, Whitecaps CEO Paul Barber said the club just couldn't wait any longer to make a move and fired the head coach.

"We just hadn't seen enough in the last four or five games to give us confidence that things were going to change quickly enough to rescue the season," said Barber. "We're 12 games into the season, and we're not filling the ambitions we had and are not getting the results we expected. We felt we needed to make that change."

The Whitecaps currently sit at the bottom of the Western Conference with just one win, five losses and six draws.

Tom Soehn, the team's director of soccer operations, will take over coaching duties for the rest of the season.

"What's exciting for me is we have a group of players that we believe in," Soehn said.

Soehn wouldn't comment on what kind of changes he'd be making, but hinted at a tougher mentality and better organization.

The move served as a huge wake-up call to the players.

"Ultimately we're on the field, it's our responsibility," said captain Jay DeMerit. "We need to realize what this means."

Goalkeeping coach Mike Salmon has also been let go.

Vancouver's HIV work draws interest in China

SUBMITTED

▶ Brian Chittock

Work pioneered in Vancouver to treat and prevent HIV/AIDS has caught the attention of governments as far away as China.

A delegation of health officials from the Yunnan province met with officials from the B.C. Centre For Excellence in HIV/AIDS at St. Paul's Hospital yesterday to learn more about the success of treatment programs here.

Brian Chittock, executive director of AIDS Vancouver, said it's likely the delegation singled out Vancouver because the city has become a leader in treatment and prevention.

"They were very interested in our prevention work, in our stigma reduction and of course the HIV treatment," he said, adding China has recently adopted the HAART cocktail treatment first established in Vancouver.

"This is the first time a government from another country has chosen to do that, and that's pretty significant," he said.

"Lately (the Yunnan) province has seen a massive increase in infections," Chittock said.

"They have the same problems we have around people not wanting to be tested, and not accessing treatment."

Chittock said the meeting was a good start to a new partnership.

KRISTEN THOMPSON

HIV in China

There are an estimated 740,000 people living with HIV in China.

- In 2009, AIDS became the most deadly of infectious diseases in China for the first time, surpassing tuberculosis.
- Heterosexual sex overtook intravenous drug use as the main route of HIV transmission in China in 2007.
- In 2009, around 42 per cent of people newly infected with HIV in China became infected through heterosexual sex.

Source: Avert AIDS charity

Postal strike could delay HST referendum

A looming postal strike could push back the timing of the planned mail-in referendum on the HST.

The ballots are supposed to go in the mail mid-June and be returned by late July, but postal workers could walk off the job at midnight on Thursday.

THE CANADIAN PRESS

May gets sworn in as first Green MP

Elizabeth May was sworn in yesterday as the country's first elected Green MP.

May defeated Conservative cabinet minister Gary Lunn by more than 7,000 votes in the B.C. riding of Saanich-Gulf Islands last month. She's the only Green MP in Parliament.

METRO

Police use iPhone GPS to track thieves

If you don't have an iPhone, you don't have a GPS that lets you recover your stolen device.

Two men are facing charges after breaking into a car in Ridge Meadows and stealing an iPhone, which the victims and police were able to track using the Mobile Me app.

METRO

If it's not original, it's just wrong.
Check in with AOL.ca for the latest news from Canada and around the world plus top news from the new HuffingtonPost.ca

AOL

B.C. premier on the defensive

On first day in the house, Clark faces questions about lack of funds for advocacy groups at Pickton inquiry

Premier Christy Clark spent her first day in the British Columbia legislature since taking office defending her government's decision not to fund advocacy groups appearing at the Robert Pickton public inquiry.

Clark was officially sworn in as a member of the legislature yesterday, after a narrow byelection victory earlier in the month, and she faced the Opposition New Democrats in question period soon after.

The NDP repeatedly questioned the Liberal government's decision not to offer legal funds for a dozen participants in the forthcoming inquiry into the Pickton serial killer case.

ARNOLD LIM/THE CANADIAN PRESS

▶ Christy Clark

Clark, whose campaign for the Liberal leadership focused on her so-called "families-first" agenda, noted the provincial government is paying legal costs for the families of Pickton's victims.

She said the government can't pay for other participants at the inquiry, despite Commissioner Wally Oppal's recommendation that a list of civil rights and anti-poverty organizations, aboriginal groups and women's advocates receive public funding.

"We are making sure as many voices as possible are heard by the commission," Clark told the legislature.

NDP Leader Adrian Dix pointed out the government has money to pay for numerous government lawyers to appear at the hearings later this year,

THE CANADIAN PRESS

Models. Look

▶ Finalists of the ITM-NSR Model Look North America 2011 enjoy their time beluga watching yesterday at the Vancouver Aquarium.

PHYLICIA TORREVILLAS/FOR METRO

Some things to smile about

The models toured local attractions such as the Capilano Suspension Bridge and the Richmond Olympic Oval with media delegates from China. The event winner will compete in China's most prestigious modelling competition this fall.

Kelowna Mountie suspended

A Kelowna Mountie charged with assault after he was caught on video kicking a man in the face during an arrest has been suspended without pay.

Const. Geoff Mantler faces criminal charges and an internal code-of-conduct review that could lead to his firing.

THE CANADIAN PRESS

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First homegrown superbug puzzles

NDM-1, a cause of urinary-tract infection, did not make patient sick Bacteria is drug-resistant

GETTY IMAGES

NDM-1 has spread due to global travel.

Canadian researchers have identified what appears to be the first domestically acquired case of an NDM-1 superbug.

An 86-year-old Ontario man was found to be carrying bacteria resistant to most antibiotics because of NDM-1, or New Delhi metallo-1, an enzyme that alters the DNA of various types of bacteria. NDM-1 is endemic in India and Pakistan and has spread worldwide due to global travel.

But the patient, who was admitted to hospital and then a rehabilitation centre after suffering a stroke last October, had not travelled outside southwestern Ontario for the last decade. None of the man's family members or other close contacts were carrying the superbug, nor had any been to parts of the world where NDM-1 is widespread.

"It's really unfortunately a mystery in terms of his source, and it certainly suggests that he acquired it here in the southwestern Ontario region," said Dr. Susan Poutanen, an infectious disease physician at Mount Sinai Hospital in Toronto.

She said the case is not cause for public alarm but is meant to alert hospitals and labs not to dismiss NDM-1 as a cause of drug-resistant bacteria in patients merely because they have not travelled outside Canada. THE CANADIAN PRESS

Flood. Tour

NDP Leader Jack Layton takes a walk along a street immersed in floodwaters in the town of St-Paul-de-l'Ile-aux-Noix, Que., yesterday.

GRAHAM HUGHES/THE CANADIAN PRESS

Layton sloshes in Quebec

Sporting a pair of thigh-high boots, Jack Layton treaded into floodwaters and into the controversy over Ottawa's response throughout the crisis.

Camera did not go off in Tory's pants, party says

A lewd photo posted on a PC candidate's Twitter account has led to a tongue-in-cheek request to ban BlackBerry smartphones in the legislature to "protect the privacy of members."

New Democrat Peter Kormos took the swipe after what the Conservatives say is an erroneous report that George Lepp's BlackBerry camera went off in his pocket and took a photo of his genitals, which was later tweeted from his account.

Tory spokesman Alan Sakach says no one ever thought the picture was Lepp's, and that he has no idea where the picture came from. He says the candidate's BlackBerry was stolen Saturday night as he left the party's convention. THE CANADIAN PRESS

SIXTH FLOOR, 900 HOWE STREET, BOX 250
VANCOUVER, B.C. V6Z 2N3 CANADA
website: **bcuc.com**

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FACSIMILE: 604-660-1102

An Inquiry into FortisBC Energy Inc. regarding the Offering of Products and Services inAlternative Energy Solutions and Other New Initiatives

NOTICE OF INQUIRY AND PROCEDURAL CONFERENCE

The British Columbia Utilities Commission (BCUC, Commission) has established an Inquiry and a Procedural Conference has been set up to hear comments on issues arising from the new business initiatives of FortisBC Energy Inc (FEI) (formerly known as Terasen Gas Inc. [TGI]).

WORKSHOP	
Date:	Wednesday, June 15, 2011
Time:	9:00 am
Location:	Commission Hearing Room Twelfth Floor, 1125 Howe Street Vancouver, BC

THE INQUIRY

FortisBC Energy Inc. is a public utility regulated by the BCUC. The BCUC's mandate is to ensure utility rates are fair, just and reasonable and that utility shareholders are afforded an opportunity to earn a reasonable return on investment. As a result of the Province's rapidly changing energy policies and the objectives set out in the Clean Energy Act, FEI has begun integrating a range of alternative energy solutions and services into their core natural gas transportation and delivery business, as well as increasing expenditures on energy efficiency and conservation programs.

The Energy Services Association of Canada (ESAC) recently wrote to the Commission to request a process to review FEI's activities in Alternative Energy Solutions, citing concerns related to, among other things, lack of public consultation by FEI, the use and distribution of incentive funding related to energy efficiency and conservation programs, and the potential cross-subsidization of FEI's new activities by natural gas rate payers.

The Commission has determined that the changes being undertaken and contemplated by FEI and the issues arising from these changes are significant enough to warrant a formal process to address them.

THE REGULATORY PROCESS

The Commission will hold a Procedural Conference on June 15, 2011 in Vancouver, BC to discuss the scope of issues for this Inquiry. The Commission also wishes to hear from affected parties before determining what type of public process is appropriate for conducting the Inquiry.

The following is a summary of what the Commission views as substantial issues. The details are contained in a Commission staff working paper attached as Appendix B to Commission Order G-95-11.

- The potential risk to natural gas ratepayers
- The BCUC's regulatory role in a competitive environment that is different from the traditional natural gas distribution utility environment
- The ability of FEI to meet British Columbia's energy objectives
- How incentive funding for energy efficiency and conservation programs should be distributed and monitored

REGISTERING TO PARTICIPATE

Persons who wish to participate actively in this proceeding must register as Interveners with the Commission via the Commission's website or register in writing by June 9, 2011. Interveners will receive an Executive Summary of the Commission Decision on the Terasen Utilities (as FortisBC Energy Utilities were formerly known) 2010 Long Term Resource Plan and a copy of the letter to the Commission from ESAC. Once registered, Interveners are expected to copy all other participants their correspondence and any filed documents. Filings and submissions by email are preferred; an email address should be provided if available.

Persons who do not want to participate actively, but who have an interest in the proceeding, should register as an Interested Parties with the Commission via the Commission's website or register in writing by June 9, 2011 and identify their interest in the Inquiry. Interested Parties will receive an Executive Summary of the Commission Decision on the Terasen Utilities 2010 Long Term Resource Plan and a copy of the letter to the Commission from ESAC. They will also receive a copy of the Commission's Decision on the Inquiry when it is issued.

PUBLIC INSPECTION OF THE DOCUMENTS

Supporting materials such as the following applications and Commission decisions will be made available for public inspection:

1. Terasen Utilities 2010 Long Term Resource Plan
2. Terasen Gas Inc. and Terasen Gas (Vancouver Island) Inc. 2010 and 2011 Revenue Requirements Application
3. TGI and TGVI 2008 Energy Efficiency and Conservation Programs Application
4. TGI Biomethane Application 2010
5. FortisBC Energy Inc. Application for Approval of a Service Agreement for Compressed Natural Gas Service 2010
6. FortisBC Energy Utilities 2012-2013 Revenue Requirements and Rates Application at the following locations:

FortisBC Energy Utilities
16705 Fraser Highway
Surrey, B.C. V6N 0E8
Website: **fortisbc.com**

British Columbia Utilities Commission,
Sixth Floor, 900 Howe Street
Vancouver, B.C. V6Z 2N3
Website: **bcuc.com**

The documents are also available for viewing on the following websites: **fortisbc.com** and **bcuc.com**.

All submissions and/or correspondence received from active participants or the general public relating to the Inquiry will be placed on the public record and posted to the Commission website.

FURTHER INFORMATION

For further information, please contact Ms. Alanna Gillis, Acting Commission Secretary, as follows:

Telephone: (604) 660-4700
B.C. Toll Free: 1-800-663-1385
Facsimile: (604) 660-1102
Email: **Commission.Secretary@bcuc.com**

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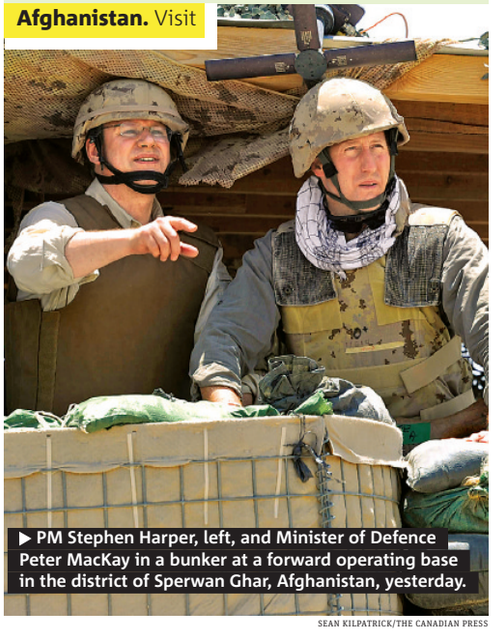

▶ PM Stephen Harper, left, and Minister of Defence Peter MacKay in a bunker at a forward operating base in the district of Sperwan Ghar, Afghanistan, yesterday.

SEAN KILPATRICK/THE CANADIAN PRESS

PM salutes troops

Stephen Harper made the trip to the Kandahar region as Canada prepares to end its combat presence in the Afghan war. Canadian troops will begin training the Afghan army and police in quieter areas to the north.

Top Libyan brass defects

Former officers from Moammar Gadhafi's regime urge others to jump ship Denounce both 'genocide' and 'violence against women'

Eight top Libyan army officers who have defected from Moammar Gadhafi's regime appealed to fellow officers yesterday to join the revolt to hasten the end of Gadhafi's 40-year rule.

One of the officers, Gen. Melud Massoud Halasa, estimated that Gadhafi's military forces are now "only 20 per cent as effective" as what they were before the revolt broke out in mid-February, and that "not more than 10" generals remain loyal to Gadhafi.

Italian Foreign Ministry officials presented the five generals, two colonels and a major to reporters in Rome three days after they fled Libya.

Former Libyan Foreign Minister Abdel Rahman Shalgam, who now backs the anti-Gadhafi rebels, told the news conference that the eight officers are "part of 120 officials who left and abandoned Gadhafi and are now out of Libya."

Italy, Libya's former colonial ruler, long had close economic and diplomatic ties with Tripoli. But Rome was among the first Western governments to break with the regime and establish formal relations with the Libyan National Transitional Council that is representing anti-Gadhafi forces.

Gen. On Ali On read an appeal to fellow army officers, top police and security officials "in the name of the martyrs who have fallen in the defence of freedom, to have the courage" to abandon the regime.

Another general, identified as Yahmet Salah, told reporters that Gadhafi had only two brigades left that were allegedly carrying out the arrests and killings.

Mahmoud Shammam, of the National Transitional Council, said that a council representative would go to the OPEC meeting in Vienna next month.

THE ASSOCIATED PRESS

Rebels set guide for PoWs

The rebel administration controlling much of eastern Libya is distributing guidelines on how its fighters should treat prisoners of war, following a string of allegations that rebels have engaged in unlawful arrests, mistreated captives and killed sub-Saharan Africans wrongly accused of being mercenaries.

The rebels are holding about 300 prisoners, including 10 foreigners, according to the top legal affairs official in the newly created National Transitional Council, Salwa Fawzi al-Deghali.

The rebels say they want to make sure that these and future captives are treated in accordance with the Geneva Conventions governing the humanitarian treatment of prisoners and other victims of war. THE ASSOCIATED PRESS

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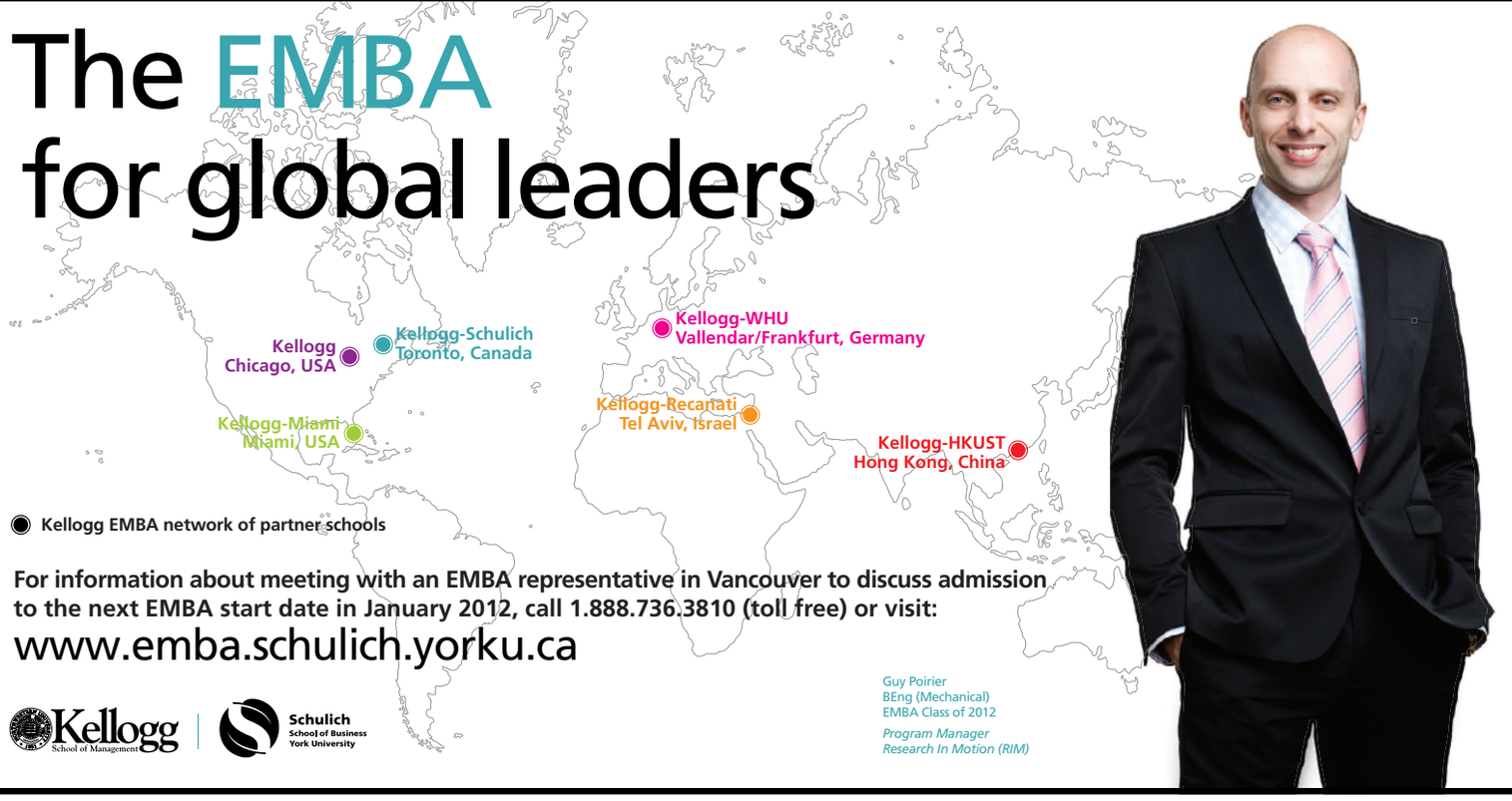

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www.emba.schulich.yorku.ca

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SERGIO TORRES/THE ASSOCIATED PRESS

▶ A market seller gives a cucumber to a woman in a fruit and vegetable market in Malaga, Spain, yesterday.

E. Coli outbreak triggers blame game across Europe

Europeans traded blame yesterday over the source of a mysterious bacterial outbreak that has killed 14 people and sickened hundreds across Europe, forcing Russia to ban imports of some fresh vegetables from Spain and Germany out of fear they could be contaminated.

Austrian authorities sent inspectors to supermarkets to make sure Spanish vegetables suspected of contamination have been taken off shelves, while in Italy the country's paramilitary Carabinieri has been on the lookout since Saturday for suspected contaminated imports from Spain, the Netherlands and other European countries.

Pia Ahrenkilde Hansen, a European Union spokeswoman, said German authorities had identified cucumbers from the Spanish cities of Almeria and Malaga as possible sources of contamination and that a third suspect batch, originating either in the Netherlands or in Denmark and traded in Germany, is also under investigation.

THE ASSOCIATED PRESS

Canada tour for newlyweds

Trip will mark the first visit to Canada for the Duchess of Cambridge

SEAN GALLUP/GETTY IMAGES

▶ Their Royal Highnesses Prince William, Duke of Cambridge, and Catherine, Duchess of Cambridge, journey by carriage procession to Buckingham Palace following their marriage at Westminster Abbey on April 29 in London.

Two of the country's biggest summer shindigs will bookend Prince William and Kate's visit to Canada — a trip the government is expecting to be an international media circus.

The newlyweds will begin their first official overseas tour in Ottawa, where they will attend Canada Day celebrations, and end it with the Calgary Stampede, the world-famous annual hoedown in Alberta. There will also be stops in Quebec City, Montreal, Yellowknife, Charlottetown, and Summerside, P.E.I. (Kate is reportedly a big fan of Anne of Green Gables).

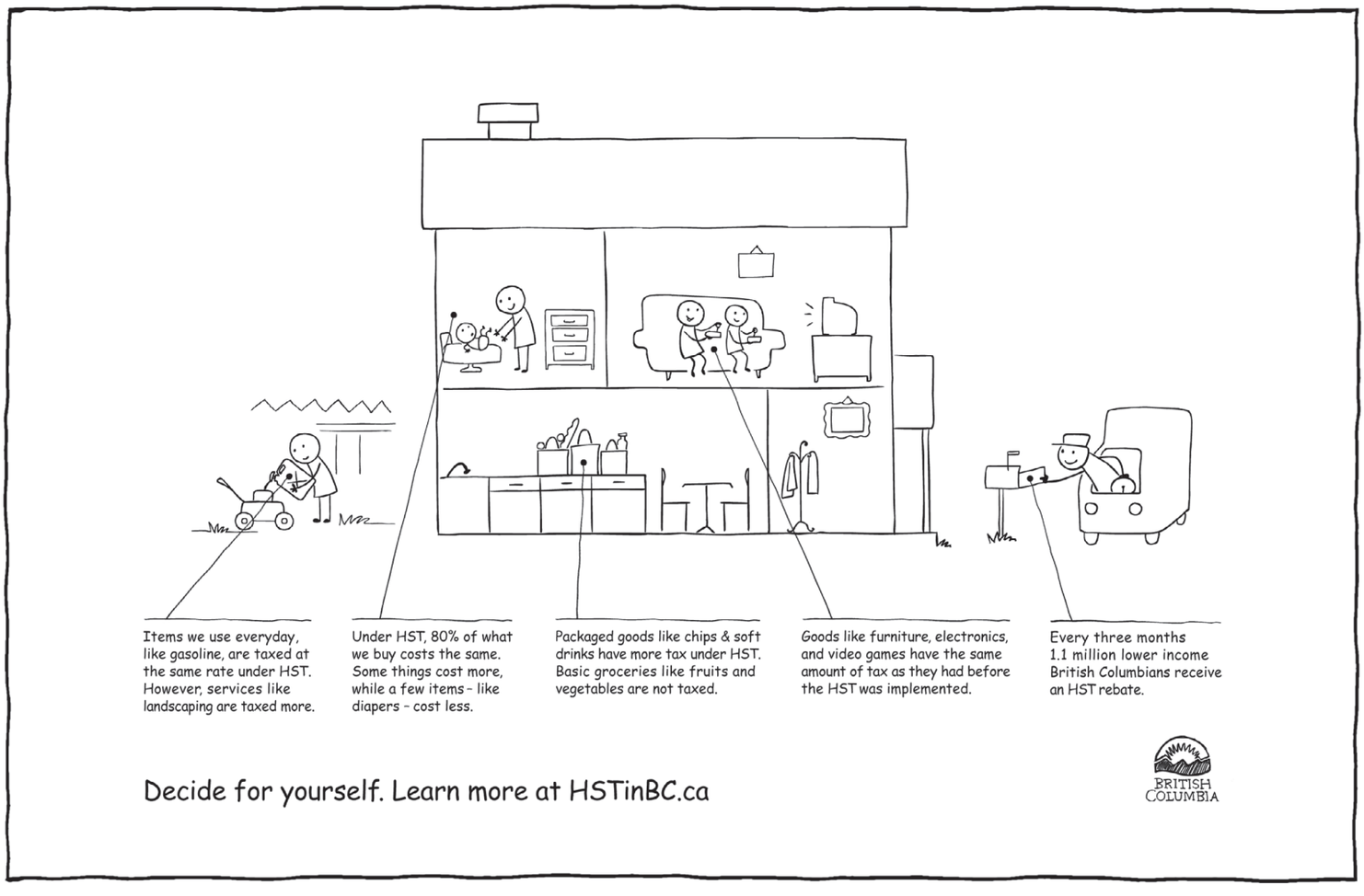
"This is part of what nation building is all about — hosting these kind of events," Heritage Minister James Moore said yesterday. "Hosting the duke and duchess is an honour for Canada and we look forward to having them visit all of these different regions."

Canadian taxpayers will be on the hook for costs associated with the visit. Moore said it would be under the $2 million shelled out for the Queen's last trip.

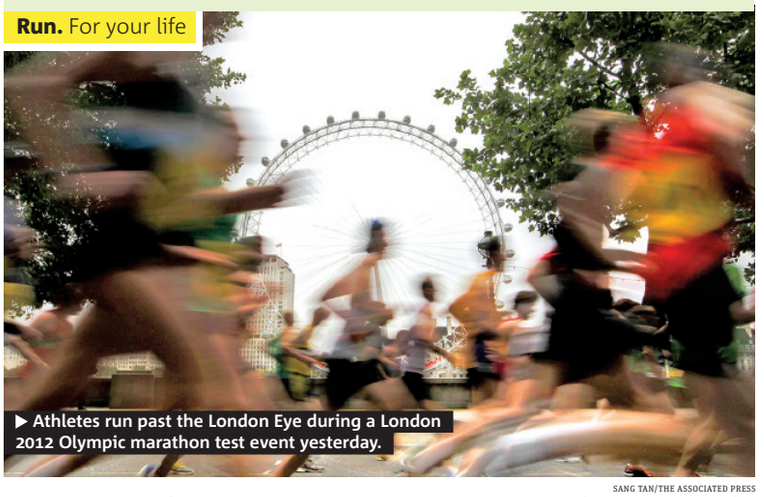
The tour is to begin June 30 and conclude July 8. A full itinerary will be released at a later date.

THE CANADIAN PRESS

85 MORE THAN 85 U.K. JOURNALISTS HAVE SIGNED UP TO COVER THE TOUR, WHILE ONLY 18 CAME FOR THE QUEEN'S LAST TRIP TO CANADA.



Run. For your life



▶ Athletes run past the London Eye during a London 2012 Olympic marathon test event yesterday.

SANG TAN/THE ASSOCIATED PRESS

Runners hit pavement in marathon trial

Suspended doc admits fault

A Calgary doctor suspended due to billing irregularities including submitting claims for treating dead people says he's a bad bookkeeper.

Dr. John van Olm says he was treating nursing home residents and by the time he submitted claims for his services, some of them had died. He is also found to have submitted exaggerated bills claiming to have seen 185 patients a day, and was reprimanded for getting loans from a few patients.

The doctor was suspended for 18 months. He can resume practising if he takes remedial steps such as learning to bookkeep.

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Germany to close all nuke plants by 2022

Germany's seven oldest reactors, all built before 1980, shut down after problems at Fukushima ◗ Plants provided 40 per cent of nuclear power

Germany's governing coalition said yesterday it will shut down all the country's nuclear power plants by 2022. The decision, prompted by Japan's nuclear disaster, will make Germany the first major industrialized nation to go nuclear-free in years.

It also completes a remarkable about-face for Chancellor Angela Merkel's government, which last year had pushed through a plan to extend the life span of the country's 17 reactors — with the last scheduled to go offline in 2036.

But Merkel now says industrialized Japan's helplessness in the face of the Fukushima disaster made her rethink the technology.

While Germany was set to abandon nuclear energy eventually, the decision — which requires parliamentary approval — speeds up that process.

Germany's seven oldest reactors, taken off the grid pending safety inspections following the March catastrophe at Japan's Fukushima Dai-ichi plant, will remain offline permanently, Environment Minister Norbert Roettgen said.

The country's energy supply chain "needs a new architecture," necessitating efforts in renewable energies and overhauling the electricity grid, Merkel said.

The determination of Europe's largest economy to replace its nuclear power with renewable energy sources makes it stand out among the world's major industrialized nations. Among other Group of Eight nations, only Italy has abandoned nuclear power, voted down in a referendum after the 1986 Chornobyl disaster, closing three operating reactors.

THE ASSOCIATED PRESS

MICHAEL SOHN/THE ASSOCIATED PRESS

"We want the electricity of the future to be safe, reliable and economically viable."
CHANCELLOR ANGELA MERKEL

Auto. Repairs

▶ Chrysler Group CEO Sergio Marchionne, right, speaks with Finance Minister Jim Flaherty during a visit to a Chrysler casting plant in Toronto yesterday. They say it's too soon to tell whether the federal and Ontario governments will sell their shares in the recovering car company to Italian carmaker Fiat.

DARREN CALABRESE/THE CANADIAN PRESS

Shares with Italian flair?

Governments acquired 1.7 per cent of Chrysler shares two years ago as part of a bailout to help the company survive the economic downturn.

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft	Gold contract
+ 32 (13,829.70)	+ 0.02¢ (102.34¢ US)	– 21¢ US ($100.38 US)	$4.563 (+ 4.5¢)	$1,539.10 (+ $2.80)

No glory for Canuck economy

102.35¢
Markets reacted negatively to the report initially, shaving one-tenth of a point off the loonie to 102.35 cents.

Canada's economy expanded an impressive 3.9 per cent in the first three months of this year, but there was little cheering in markets with the performance.

Not only was the number slightly below the four per cent consensus expectation, but the elements of growth signalled a sharp brake in the economy ahead.

The most encouraging news in the much-awaited Statistics Canada report yesterday is that the last month of the quarter — March — saw a gross domestic pickup of 0.3 per cent, slightly above consensus.

"Its not just the headline that matters. It's the composition of (first-quarter) growth that is disconcerting," said Derek Holt, vice-president of economics with Scotiabank.

The composition included a heavy dose of production placed in storage, awaiting future sales, with inventory buildup accounting for three-quarters of the growth.

Meanwhile, consumers were in hibernation, contributing only 0.1 percentage points to growth, and net trade was a drag, with the solid 1.6 per cent rise in exports from the previous quarter swamped by a 2.2 per cent gain in imports. The bright spots were in business investment, manufacturing and housing.

THE CANADIAN PRESS

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CTV dishes plans for rebranding A channel

The CTV television network plans to rebrand its A channel stations this fall as the CTV Two network.

CTV's parent Bell Media says the new network will launch as the company transitions the stations to a high-definition signal.

The announcement was made yesterday at the start of "upfront" week, when many homegrown TV stations reveal their fall lineups in a bid to seek early ad deals.

Citytv announced its lineup yesterday. The Shaw schedule will be released today. THE CANADIAN PRESS

Postal strike to halt snail mail?

The union representing Canada Post's urban workers gave the Crown corporation an ultimatum yesterday that it will strike this week if its final offer is rejected.

Denis Lemelin, national president of the Canadian Union of Postal Workers, said the union is in a legal position to strike on Thursday at 11:59 p.m. ET after turning down Canada Post's latest offer. Lemelin said the two sides have a history of reaching deals last minute, but said Canadians planning to send mail this week should consider the decision carefully.

THE CANADIAN PRESS

ADRIAN WYLD/THE CANADIAN PRESS

▶ Denis Lemelin, national president of the Canadian Union of Postal Workers, appears in Ottawa yesterday.

GIRLS' GUIDE TO SURVIVING NHL PLAYOFFS

SHE SAYS ...

JESSICA NAPIER
METRO

Say RIP to your relationship for the rest of the hockey season, ladies — your man is about to abandon you in favour of a bunch of bearded dudes on ice.

Yes, the seemingly impossible has happened; a Canadian team has made it to the Stanley Cup final. Now, it may not be "your" team, but the boys in blue and green are Canuck nonetheless, and that means that every Molson-blooded male will be taking up permanent residence on his bar stool/couch cushion of choice for the next two weeks.

A Canadian team hasn't taken home the cup since 1993, so, apparently, this is a pretty big deal. And with many hockey-loving lads still riding high off the 2010 Olympic gold medal win, it seems that people are excited about Vancouver's chances.

Personally, I feel pretty "meh" about hockey, but as someone who looks like Bambi out on the ice, I can appreciate the skill of the sport. Plus, there's fighting and beer; how is a girl going to compete with all the bruising and boozing the NHL has to offer?

"Starting tomorrow, be prepared for an absentee other half or, even worse, a living room full of rowdy puck enthusiasts with very little regard for the noise level or the furniture."

Starting tomorrow, be prepared for an absentee other half or, even worse, a living room full of rowdy puck enthusiasts with very little regard for the noise level or the furniture. Your presence will be entirely forgotten unless you're in charge of picking up the pizza.

Date nights will be replaced with double overtime. You will be subjected to endless recaps, stats and highlight reels. The sights and sounds of Don Cherry's colourful blazers and grating commentary will permeate your nightmares.

And, of course, don't expect to score unless his team does. Your sex life is about to become heavily dependent on Roberto Luongo's goaltending. If the Canucks do lose, the phrase "It's just a game" will only worsen your chances with your moody bedfellow.

So what's the best strategy when dealing with hockey-night neglect?

Stay away. Plan field trips with fellow hockey widows and make peace with the fact that you might not have a meaningful conversation with your mate until the post-season ends.

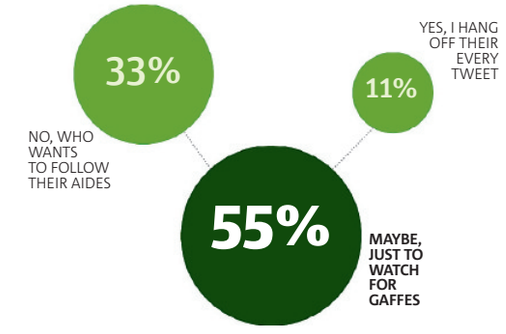
If you do find yourself staying in on game night, do your best to remember this simple commandment: Don't change the channel under any circumstances. It doesn't matter if it's The Bachelorette's "most dramatic rose ceremony ever" — if you even so much as glance at the remote during a commercial break you will be banished from your own home until after Game 7.

Read more of Jessica Napier's columns at metronews.ca/shesays

metro life panel

Register at metrolifepanel.ca and take the quick poll

Would you follow a world leader on Twitter?



Local tweets

- **@petermansbridge:** At Canucks morning skate — first shot breaks glass behind the net. Guess they're ready.
- **@Southsiders:** We'll be showing our support for Teitur with Icelandic flags. You can get one here (choose option E): http://bit.ly/jVoSFf
- **@craigforrest1:** #WhitecapsFC I like what #Vancouver has done up to now. The firing of Teitur and Mike is a mistake. Lost sense of reality.
- **@Darren_Steinke:** Just a thought #Canucks fans, Milan Lucic won a Memorial Cup for his hometown of #Vancouver. Does he take a Stanley Cup away from Van City?
- **@JarretEsslinger:** Can the good people of #Vancouver assure me that I won't be assaulted wearing my Lucic jersey to a potential game 5 next week? @vancanucks
- **@VMcdee:** Boston loses mayor sings "O Canada" w/ Mark Donnelly #Canucks lose @MayorGregor sings "star spangled banner" w/ Rene Rancourt @vanmayorsoffice

Worth mentioning

TOKYO. A new poll yesterday showed that more than 80 per cent of Japanese voters do not trust government information about the country's nuclear crisis.

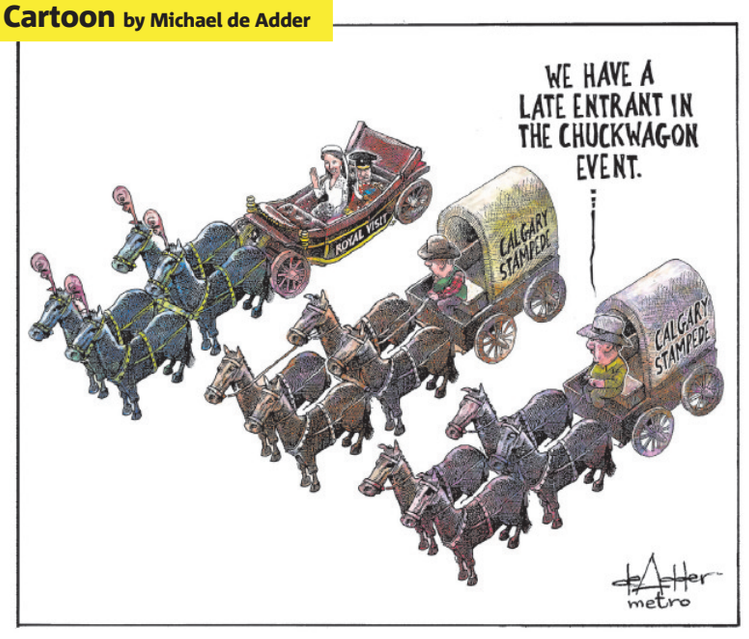
The poll, conducted by Fuji Television Network, also found that nearly 85 per cent of respondents said the utility that operates the stricken Fukushima Dai-ichi nuclear plant is dealing with the crisis poorly. A March 11 earthquake and tsunami damaged crucial cooling systems at the plant, causing the worst nuclear crisis since Chornobyl. The twin disasters left more than 24,000 people dead or missing in northeastern Japan.

Eighty-one per cent of respondents surveyed said they did not trust government information about the crisis, Fuji TV said. Seventy-eight per cent said Prime Minister Naoto Kan lacked leadership in handling the disasters.

Kan is facing calls for his resignation even within his own ruling party. Opposition parties are expected to submit a no-confidence motion against him as early as Thursday.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder



WEIRD NEWS

It was close to a one-way ticket to a kitchen

Railway officials recently discovered snakes on a train in Vietnam — highly venomous king cobras in bags under a seat.

Railroad official Pham Quynh said passengers were terrified when four cloth bags containing the writhing cobras were spotted Friday. The snakes were alive but had their mouths stitched shut.

Quynh said the exact number of snakes was unclear, but the bags weighed 45 kilograms.

Security staff removed the cobras, which were likely destined for restaurants in Hanoi. Their owner apparently escaped in the chaos.

Snake meat is considered a delicacy in Vietnam, but cobras are protected by law.

Quynh said the cobras were given to forest rangers who released them into the wild Saturday after no one claimed them.

THE ASSOCIATED PRESS

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FOLLOW US ON:

2 scene

Scene in brief

PBS officials say hackers have cracked the network's website. The hackers apparently posted a phoney story claiming dead rapper Tupac Shakur was alive in New Zealand. The phoney story had been taken down as of yesterday.
THE ASSOCIATED PRESS

Colombian popstar Shakira says she's considering doing songs, maybe album, in Arabic. Scan code for story.

Morrison gets to sing with his idol

- Glee star paired with Elton John for two songs on his new album
- Actor has been involved in music theatre since he was a teen

KAREN BLISS
SCENE@METRONEWS.CA

Glee star Matthew Morrison sings Somewhere Over The Rainbow with Gwyneth Paltrow on his self-titled debut album, but the dream he dared to dream, that really did come true, is singing with the legendary Elton John. The two recorded an epic medley of John's Mona Lisas and Mad Hatters and Rocket Man.

"I wanted to pay homage to one of my favourite songwriters," says Morrison, who had the good fortune to be in the studio with John for the tracking. "It was pretty surreal. I don't know how to describe it. I didn't really take in the moment until maybe a couple of days afterwards, where I was like, 'Did that actually happen?' It felt like a dream.

"I listen to that song now and his voice is so awesome, and then his voice fades out and then mine comes in and it's like, 'Woah!'"

Boy band

LMNT. Matthew Morrison reveals he was once in a boy band called LMNT, complete with matching outfits, but quit before ever recording with them. "You know as a performer when you're embarrassed to be onstage doing the wrong thing," he explains. "It felt so contrived. It was back in 1999 or something where you couldn't throw a stick and not hit someone in a boy band (laughs)."

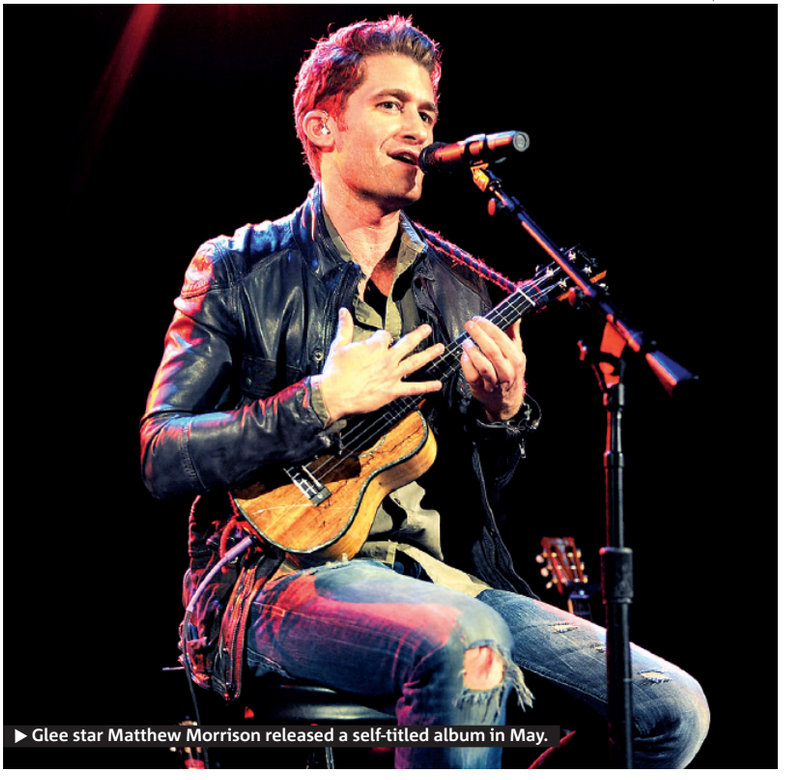
Sting also joins him on Let Your Soul Be Your Pilot but the rest of the songs are solely Morrison. Some of the songs the 32-year-old co-wrote, including the album's lead single, Summer Rain.

"I thought that the first single had to start in a really kind of light poppy fun place," he says.

Morrison has worked in musical theatre since his teens and never before released an original album (he's been on Broadway albums). He realizes his role on the hit TV series as teacher and glee club director Will Schuester has opened doors he wouldn't normally have on a debut album, including bypassing club shows for theatres and an opening slot on the New Kids On The Block/Backstreet Boys tour.

"I have a whole band, an 11-piece band, a horn section," he says of the costly configuration. "I want to do it right and luckily enough from being on Glee, I think I have more of a support system behind me."

EUGENE GOLOGURSKY/GETTY IMAGES



▶ Glee star Matthew Morrison released a self-titled album in May.

CHRIS YOUNG/THE CANADIAN PRESS

▶ Canadian singer-songwriter Corey Hart with his protegee Marie-Christine.

Hart comes out of self-imposed exile

Corey Hart says that dozens of artists — including the high-profile likes of Sean (P. Diddy) Combs and Canadian songstress Nelly Furtado — have asked him for permission to recycle his '80s hits for new songs, and he's always said no.

That is, until he met Marie-Christine Depestre. The chanteuse — who shares Hart's hometown of Montreal and drops her surname when performing — was completely unknown before Hart scooped her up as the inaugural signing on his record label in 2007.

Her debut album came out this week, and the opening tune is Girl in Shades, a re-interpretation of Hart's star-making '84 smash Sunglasses at Night.

While Hart long resisted allowing artists to repurpose his songs — the industry word is "interpolation" — he said this time, it simply felt right. And it helped that he was co-producing the track.

"All this time I've been saying no and not making any money — (and with) three (daughters) who want to play pro tennis, it costs a lot of money — and now I saw and understood the method to the madness: it was saved for her," Hart said this week in Toronto, with his protege seated next to him.

"So I rewrote lyrics and changed a few things in the melody and the structure, worked with a super-talented guy in DJ Champion ... and this lady sings it to heaven." THE CANADIAN PRESS

Citytv shows off its TV talent

Network snatches TV shows from some big Hollywood names for next year's fall schedule ◆ Also bringing Canada's Got Talent north of the border

TV shows from Hollywood heavyweight Steven Spielberg, Lost creator J.J. Abrams and The Dark Knight writer Jonathan Nolan are coming to Citytv this fall.

The network's 2011-12 schedule features several buzzed-about programs, including Spielberg's long-awaited dinosaur drama Terra Nova and the Abrams thriller Person of Interest, written and co-produced by Nolan.

Abrams' prison drama, Alcatraz, is slated for a midseason debut.

Citytv is the first of the homegrown outlets to reveal its upcoming slate of shows, a spring tradition that typically involves a parade of new and returning stars as broadcasters seek early ad deals.

The actor who plays Manny on Citytv's returning hit sitcom Modern Family is among the celebrities expected to help preview the lineup, which includes six new dramas and five new comedies.

New dramas include The Playboy Club, Revenge, and the midseason series Scandal. New comedies include 2 Broke Girls, New Girl, Suburgatory, Last Man Standing and the midseason Apartment 23.

▶ Sarah Jones and Jorge Garcia star in Alcatraz, a new TV show created by Lost's J.J. Abrams.

New Canadian series include Canada's Got Talent and Secret Millionaire Canada.

"We are excited to be launching a competitive schedule that balances the proven strength and stability of returning hits with innovative new programming," Rogers president Scott Moore said Monday in a release.

Rogers Media was reportedly the biggest Canadian buyer of U.S. shows in Los Angeles last week, when the company sought fresh fare for its Citytv stations.

Its fall lineup includes four shows that previously aired on other networks —Raising Hope, The Middle, Private Practice and Shameless.

Shaw Media plans to reveal its Global TV lineup today while market leader CTV will announce its schedule Thursday.

CBC-TV details its slate June 8.

Citytv's schedule also features the return of dramas Body of Proof and Fringe and returning comedy series, Happy Endings, How I Met Your Mother, Rules of Engagement, Parks and Recreation and Community.

Rico Rodriguez, who plays the wise-beyond-his-years tween on Modern Family will be joined by Happy Endings principal Elisha Cuthbert during a presentation at a downtown theatre.

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Bardem brings best

Biutiful
Genre: Drama
Director: Alejandro González Iñárritu
Stars: Javier Bardem, Maricel Álvarez, Hanaa Bouchaib
⊕⊕⊕½

Javier Bardem talks to ghosts in Biutiful, a starkly emotive film by Alejandro González Iñárritu where the physical and metaphysical realms seem equally desperate.

The ability of Bardem's grifter character Uxbal to commune with the dead is actually the most calming and least gloomy aspect of a film awash in misfortune and tragedy.

Ironically titled and deliberately misspelled, Biutiful grimly trawls the shadows of illegal immigration, poverty, police corruption, marital and parental dysfunction and mental and physical ills in the shabbier section of Barcelona, where Uxbal and his family live.

Uxbal is like a walking ghost himself, having just received a drastic cancer diagnosis. His long hair streaked with grey, his handsome features drawn by fatigue and poor health, he's the antithesis of the sexy charmer Bardem played in last summer's Eat Pray Love. But he's paradoxically far more attractive as a person and interesting as a character.

Even at a running time of 148 minutes, Biutiful at times seems like a slightly truncated version of what Iñárritu might have originally planned. Yet the loose ends don't matter when you have a performance as strong as Bardem's.

Extras include a making-of featurette.

PETER HOWELL

Drive Angry
Genre: Sci-Fi, Thriller
Director: Patrick Lussier
Stars: Nicholas Cage
⊕⊕½

Drive Angry is a movie that should STFU — and by that I mean, "Stop Talking Fellows, Understand?"

It's a supernatural road thriller starring Nicolas Cage, sizzling celluloid of a type normally relegated to drive-ins, grindhouses and other down-market retreats where the popcorn is served with buckets o' blood.

Such films are not, God forbid, supposed to be showcases of snappy dialogue, especially when the dialogue snaps like a worn rubber band. When in doubt, say nothing and just cock your gun.

Drive Angry's director Patrick Lussier (Dracula 2000) can't seem to resist including every one of the macho mutterings he and co-writer Todd Farmer scribbled into their notebooks.

Thus a movie that could have left skid marks on our psyche — in 3-D no less — instead drives us to distraction with verbose line readings that kill momentum worse than a police flashlight shining through a parked windshield.

Each and every tortured soul in this Satan Get Your Gun farce feels compelled to explain to every other tortured soul what terrible thing is about to happen.

The failure of people to STFU is compounded by Cage phoning in yet another performance, as he continues to make us forget he ever won an Oscar.

The only thing that keeps Drive Angry from being completely derivative road stew is William Fichtner's hilariously deadpan portrayal of The Accountant, Satan's right-hand man, the guy who collects stray infidels. He's the funniest satanic figure since Mr. Skin in Bruce McDonald's Highway 61, and that was 20 years ago.

Extras include a commentary by Lussier and Farmer, deleted scenes and making-of featurettes.

PETER HOWELL

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MTV is back on the upswing again

Network paying close attention to generation shift of viewers
Teen Wolf show set to debut, Beavis and Butt-Head are back

DAN STEINBERG/THE ASSOCIATED PRESS

▶ The cast of MTV's Teen Wolf is pictured at the series premiere in Los Angeles last week. The series, which remakes the 1985 Michael J. Fox film of the same name, debuts on MTV on June 5th after the MTV Movie Awards.

Over the years, one of the last things you'd see on youth-obsessed MTV was a parent.

Now moms and dads aren't unusual sights, even on the twin totems to wild behaviour and its consequences — Jersey Shore and Teen Mom — that are key to the network's latest resurgence.

Many young viewers targeted by MTV have no problem with parents being an active part of their lives, even during rebellious years, and expect their presence on television.

Understanding such generational nuances is crucial to MTV, which has the brutal imperative of reinventing itself every five or six years to appeal to a new group of 12- to 24-year-olds. Their viewers eventually grow up. MTV never can.

The latest reinvention has MTV with its best ratings in five years. The third season of Jersey Shore was the network's top-rated show ever, and the second season of Teen Mom similarly zoomed up the charts. The challenge now is figuring out how to build on that success and know when to be ready for the next reinvention.

This spring, MTV has steered in a surprisingly traditional direction.

MTV debuts a remake of the Teen Wolf series on June 5, brings back Beavis and Butt-Head later this year, has its own weight-loss series for teens and two Jersey Shore spinoffs in the works.

Between recycled ideas, spinoffs and a new focus on establishing scripted series, MTV's approach feels more like a typical broadcast network than ever before.

"One of the things the audience said to us was, 'You have to be pioneers and take risks.'" MTV PRESIDENT STEPHEN FRIEDMAN

MTV viewers "want more from us," said Van Toffler, president of MTV Networks Music/Films/Logo Group.

"They expect more from us."

Toffler, who has been with MTV since 1986, and newly appointed network president Stephen Friedman, at MTV since 1998, have survived its ups and downs over the years. The latest cycle began with the expiration of Laguna Beach and The Hills.

After a reasonably successful first season of the reality competition series Paris Hilton's Best Friend, the second season proved disastrous.

"The audience checked out," Friedman said. "You saw them not believing it. We found out they wanted something more honest. The manufactured reality felt phoney to them."

After all, how many BFFs can you really have, even if you're Paris?

A couple of years ago MTV Networks acquired rights to a short reality series, World's Strictest Parents, and it was put on the CMT network. MTV decided to run a few episodes, too, and was surprised at how many people watched. At the same time, MTV's head of reality programming had seen statistics about a rise in teen pregnancies and the series 16 and Pregnant was born in spring 2009.

Jersey Shore began in a completely different form, as a pilot of a competition series for VH1. It was retooled into what now exists and MTV knew just by the way people were talking about promotions for the new series that it had a potential hit.

"When you get a little bit scared," Toffler said, "you know something might work."

THE ASSOCIATED PRESS

Shore spinoffs

Blessed with success, MTV is looking to spread the Jersey Shore franchise with two spinoffs.

- In one, Nicole "Snooki" Polizzi and Jenni "J-Woww" Farley buy a new house together.
- The other focuses on what disc jockey Paul "DJ Pauly D" DelVecchio's life is like.
- Neither project has air dates yet.

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Celebrity tweets

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Love in Europe: Lively is being 'wooed' by Leo

Pair spotted together in Italy, France

Leonardo DiCaprio's European tour with rumoured girlfriend Blake Lively continues, though the pair are doing their best to not be seen together.

After a trip to Italy, DiCaprio and Lively returned to France, where they were twice spotted leaving the Saint-Paul de Vence hotel in Saint-Paul separately, according to Us Weekly.

The next day, they returned to Cannes, where they were first spotted together two weeks ago, and boarded a yacht.

"Blake is definitely being wooed," a source says.

"This could be the beginning of something." METRO

KIYOSHI OTA/GETTY IMAGES

▶ Leonardo DiCaprio

Memorable weekend for Justin Timberlake

Justin Timberlake's luck is apparently far from running out.

The race car sponsored by his clothing line, William Rast, took the top prize at the Indy 500 this weekend, the car's second time winning the famous race.

"What a Memorial Day weekend! The William Rast car just won the Indy 500," Timberlake posted to Twitter after the race.

"Congrats to Dan Wheldon, the WR racing team and everyone else who put in the hard work for this victory! Unreal!" METRO

GETTY IMAGES

▶ Justin Timberlake

ISTOCK PHOTOS

▶ Want to meet girls? Try the brooding approach, a new study suggests.

Stop smiling gents

New study out of Vancouver finds that happy-looking men appear less attractive to women

CELIA MILNE
LIFE@METRONEWS.CA

Smiling is attractive in women, but in guys — not so much.

An intriguing new study done by psychologists in Vancouver has found that when it comes to attracting women, happy-looking men may finish last.

"There are major differences in the ways emotions affect attractiveness in the two genders," lead author Jessica Tracy told Metro. "When women smile and show happiness, men find that the most attractive. When men smile and show happiness, women find that the least attractive."

Tracy, who is a professor of psychology at the University of British Columbia in Vancouver, along with graduate student Alec Beall, undertook two studies which included a total of 1,041 people. Subjects were shown hundreds of photographs of the opposite sex displaying either happiness (big smile), pride (puffed-out chest), shame (head down) or neutrality (no expression). The photo viewers were asked, "How attractive do you find this person?"

"There are major differences in the ways emotions affect attractiveness in the two genders"
DR. JESSICA TRACY

Results indicated women were most attractive showing happiness and least attractive showing pride. Men were most attractive when showing pride and least sexy showing happiness. Surprisingly, among young women looking at photographs, even men showing shame were more attractive than men showing happiness.

What's wrong with smiling men? It could be that since men are assumed to be sexually receptive, when they smile, they seem needy or desperate. Women prefer the bad-boy look.

"Men who show pride are tough, strong and powerful and women find that attractive," says Tracy.

Since the study involved photos, it only reflects people's first impressions.

"In dating there are lots of other things at play," says Tracy. "It may be relevant only in situations where you only show a photo, such as online dating."

Future studies will explore gay reactions.

3 life

Body issues

One third of women on university campuses would trade one year of their life to get their ideal body weight and shape, according to a new study in the U.K. And almost 40 per cent would have cosmetic surgery if money wasn't an issue.
CELIA MILNE

A new tool being used for fighting oral cancer

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Yoga pose.
Upward-facing dog/Urdhva Svanasana

What you do:

1. Lie prone on the floor. Stretch your legs back, with the tops of your feet on the floor. Bend your elbows and spread your palms on the floor beside your waist so that your forearms are relatively perpendicular to the floor.
2. Inhale and press your inner hands firmly into the floor and slightly back, as if you were trying to push yourself forward along the floor. Then straighten your arms and simultaneously lift your torso up and your legs a few inches off the floor on an inhalation. Keep the thighs firm and slightly turned inward, the arms firm and turned out so the elbow creases the face forward.
3. Press the tailbone toward the pubis and lift the pubis toward the navel. Narrow the hip points. Firm but don't harden the buttocks.
4. Firm the shoulder blades against the back and puff the side ribs forward. Lift through the top of the sternum but avoid pushing the front ribs forward, which only hardens the lower back. Look straight ahead or tip the head back slightly, but take care not to compress the back of the neck and harden the throat.
5. Hold anywhere from 15 to 30 seconds, breathing easily.

Benefits

- Improves posture
- Strengthens the spine, arms, wrists
- Stretches the chest, lungs, shoulders and abdomen
- Firms the buttocks
- Helps relieve mild depression, fatigue and sciatica
- Therapeutic for asthma

STEPHANIE KNUTSSON, BODYISM YOGA INSTRUCTOR

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Blocking bad memories

Drug to reduce stress hormones may lessen impact of bad memories

HANDOUT/THE CANADIAN PRESS

▶ Study lead author Marie-France Marin.

A Canadian study suggests a drug used to decrease stress hormone levels may also limit the long-term impact of bad memories, a finding that could potentially benefit individuals who have suffered psychological trauma.

Lead author Marie-France Marin, a doctoral student at the University of Montreal, said researchers knew there was a close link between memory and cortisol, a stress hormone involved in memory recall.

"We knew that lowering cortisol levels at the time of learning a new event will decrease the formation of that memory," said Marin, based at the Centre for Studies on Human Stress of Louis-H. Lafontaine Hospital. "However, for a very long time, we thought that any effect on memory after it has stabilized in the brain would be temporary."

Marin said previous studies have challenged the theory memory isn't changeable by demonstrating that each time an already-acquired memory is retrieved, it makes the memory active again in the brain.

"At the time of reactivation, we can act again on that memory trace in order to change it in a long-lasting manner, so basically we have a second window of opportunity to change memories."

THE CANADIAN PRESS

If it's not original, it's just wrong.
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Let them eat carbs

Carbohydrates are no longer the enemy A diet high in resistant starch is the latest way to narrow that waistline Make sure to pass the breadbasket please; it's OK, I'm on a diet

ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Carb. This nasty four letter word has for too long been associated with gluttony and weight gain. It's both the ultimate comfort food and the reason why we shudder at the thought of chewing on a bread roll. Anyone that has sacrificed hearty bowls of pasta for celery sticks, listen up. The Carb Lovers Diet, written by nutritionist Frances Largerman-Roth and Health magazine editor Ellen Kunes, maintains that the secret to long-term weight loss is a diet rich in non-refined carbohydrates.

"For 20 years diet experts and the media have spread the word that carbohydrates are bad for our health, raise blood sugar levels and make us fat," says Largerman-Roth. "So called healthy diets have supported protein rich plans such as Atkins and South Beach and totally shunned potatoes, bread and pasta."

And yet...

Carbs are stars

The Carb Lovers Diet revolves around eating foods rich in resistant starch, a type of carbohydrate that isn't digested in our small intestine, leaving us feeling fuller for longer.

"There has been such a carbs backlash but research shows that people who ate the most carbs weighed less."
LARGERMAN-ROTH

Calorie consumption is naturally curbed as the starch acts as an indigestible, filling fiber. Eating around 15 grams of resistant starch a day also triggers a fat burning enzyme in the body, increasing your metabolism. It's a balanced diet where you learn to eat a healthy amount of good fats, protein and fiber.

"We want people to eat normally and get the right carbs back onto their plates for good," explains Kunes.

When people do eat carbs, they tend to eat the wrong kind. Refined carbohydrates, such as white bread and pasta, are super junky and immediately converted into glucose, leaving you feeling hungry again two hours later.

The carb calculator

Sticking to the plan could have you losing up to eight pounds in 30 days. This is no pasta party. In the initial 'detox' phase, calories are restricted to 1,200 (average weight loss is six pounds) and gradually increased to 1,600 a couple of weeks later. Men on the plan should add 500 calories on to each phase. Portion control is a big part of the plan's success, as is one's ability to get over their innate fear of carbs.

"There has been such a carbs backlash but important research shows that people who ate the most carbs (in countries such as Japan) weighed the less overall and vice versa," says Largerman-Roth.

On the Carb Lovers Diet people finally get to eat what they crave — stars include green bananas, oatmeal, sourdough bread and more — just minus the guilt.

Enjoy that slice, Heidi. Just pay attention to your calorie count.

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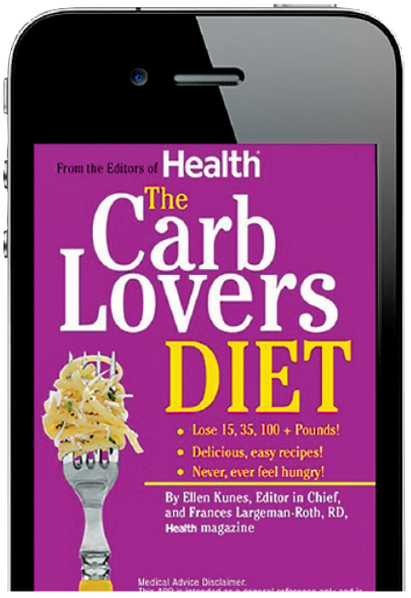
Eat

- **Breakfast:** the 'Elvis': toasted rye bread with almond butter and sliced banana. (5.6g resistant starch).
- **Lunch:** Pesto Turkey Club: pumpernickel bread, apple and turkey (2.6g resistant starch).
- **Dinner:** baked two cheese penne with roasted pepper sauce (2g resistant starch).
- **Drink:** fat flushing green tea cocktail — 8 cups of brewed green tea, juice of 1 orange, 1 lemon and 1 lime.

Calories from

- **Resistant starch:** 45- 60 per cent
- **Protein:** 25 per cent
- **Fats:** 20-25 per cent



Up and down

Sugar
A spoonful of sugar a day could keep the doctor away. Research shows that sugar improves the effects of antibiotics and reduces the strength of chronic and recurrent infections. Glucose and fructose help make bugs vulnerable.

Obesity
You have more than the common cold to worry about as experts claim that obesity could be contagious. Hanging out with family or friends that are overweight could be distorting your perception of what being a 'normal' size really is. There could also be a tendency to eat more when dining out.

The cuddle chemical

A new pill containing the 'cuddle chemical' oxytocin could help prevent post-natal depression, currently affecting 20 per cent of mothers in the United Kingdom.

Increasing the level of this hormone, known for enhancing feelings of love, trust and affection, could help mothers bond with their babies sooner.

ROMINA McGUINNESS

Miso adds special flavour to meatless burgers

THE CANADIAN PRESS/ HO

▶ This recipe takes 25 minutes to complete and produces eight sliders.

Made from ground chickpeas, these patties are traditionally fried but can also be cooked in a skillet or baked. And because chickpeas are agreeable to a broad range of flavours, it's easy to play with the seasonings and other ingredients.

Preparation:

1. In a bowl, whisk 30 ml (2 tbsp) of the miso and mayonnaise. Set aside.
2. In a food processor, combine chickpeas, remaining miso, cilantro, olive oil, garlic powder, five-spice powder, salt, pepper and lemon zest. Pulse until coarsely chopped.
3. Form mix into 8 patties about 7.5 cm (3 inches) around and about 4 cm (1 1/2 inches) thick. As you are forming patties, firmly pack with fingers.
4. Place breadcrumbs in shallow bowl. One at a time, set each patty in bowl; pat breadcrumbs onto all sides.
5. In large skillet over medium-high, heat 15 ml (1 tbsp) of the sesame oil. Add patties and cook until browned and heated through, 3 to 4 minutes per side. If patties start to stick, add another 15 ml (1 tbsp) of oil when flipping.
6. Serve burgers on buns topped with miso-mayonnaise, lettuce and tomato.

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Ingredients:

- 120 ml (8 tbsp) sweet white miso, divided
- 125 ml (1/2 cup) mayonnaise
- 2 cans (398 ml/14 oz) chickpeas, drained
- 75 ml (1/3 cup) chopped fresh cilantro
- 50 ml (1/4 cup) olive oil
- 10 ml (2 tsp) garlic powder
- 5 ml (1 tsp) five-spice powder
- 5 ml (1 tsp) salt
- 2 ml (1/2 tsp) ground black pepper
- Zest of 1 lemon
- 375 ml (1 1/2 cups) panko breadcrumbs
- 15 to 30 ml (1 to 2 tbsp) sesame oil
- Sliced tomato
- Leaf lettuce
- 8 mini burger buns

Fresh seafood wins at Ki but flavour combos need work

David Aisenstat's new Japanese food chain offers a Keg-like atmosphere

LUNCH RUSH

ERIN IRELAND
FOOD@METRONEWS.CA

The Keg Steakhouse's little Japanese brother, Ki, has opened on Alberni Street.

Forty steps upward lead to the young chain restaurant's two front doors: To the right, the north pavilion lounge area, and to the left, the south pavilion's expansive dining room.

Being brand spanking new, the establishment is immaculate. Dark wood walls and built-in window shades cast a dim, subdued ambiance across the multi-level room with sushi bar, led by former Blue Water sushi chef Yoshi Tabo, positioned at the far end.

Daily deliveries of seafood ensure that Ki's product is fresh. My Kiwi Tuna maki, with mango and Kyoto miso, was no exception. Each bite was fruity, soft, and moist, but overall, the flavor combination wasn't a homerun.

ERIN IRELAND

▶ Kiwi Tuna Maki.

The roll could fend off a sushi craving, but for $14, the six-pieces just didn't add up.

Ki's Maple-Tamari Binnaga with pine nuts and wasabi creme fraiche ($10) had my hopes up high, but again, nothing to write home about.

The service, on the other hand, was impeccable.

Ki
310 - 1121 Alberni St.
kijapanese.com
goedeten.ca
Reservations: Yes
Social lunch: Yes
Licensed: Yes
Price rrange: $10 - $32
Rating: 3 out of 5

THE CANADIAN PRESS HO/ NATIONAL WATERMELON PROMOTION BOARD

Watermelon Aqua Fresca

Preparation:

1. Blend half of watermelon pieces with 125 ml (1/2 cup) of the water until smooth. Strain into serving pitcher. Repeat process with remaining watermelon and water. Add lime juice and honey. Stir until blended. Pour into ice-filled glasses nd garnish with watermelon triangles skewered with lime wedge.

Ingredients:

- 1 l (4 cups) watermelon, cut into chunks, divided
- 250 ml (1 cup) cold water, divided
- 15 ml (1 tbsp) freshly squeezed lime juice
- 15 ml (1 tbsp) honey
- Ice cubes
- Garnish: Watermelon triangles, lime wedges

THE CANADIAN PRESS/ WATERMELON.ORG

Lessons from Mum's envelope

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Last week I was the MC of the joint FCAC-OECD Partnering to turn Financial Literacy into Action conference held in Toronto. There were more than 400 delegates from all over the world.

As part of my introductory remarks I told the story of growing up in the 1950s in Canada, the daughter of an air force officer and a stay-at-home housewife. My dear old dad was the absolute monarch of our family finances. He got his pay on the last Friday of every month and immediately deposited it in the bank.

He kept some cash for himself and placed some more in a plain white envelope, which he sealed and bestowed upon my mother as she mixed their Friday night Manhattans.

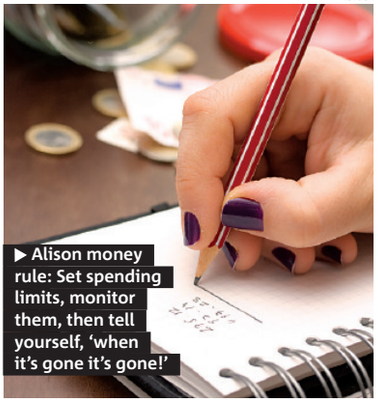
Mum guarded her housekeeping money zealously. I never knew how much he gave her, and that envelope was a source of endless mystery to me.

In those days, a woman was considered a poor housekeeper and wife if she couldn't make the money last until the end of the month. If she was particularly careful, there would be some left over, and she could use that for herself.

My mother was quite brilliant at squirrelling away nickels and dimes for an extra visit to the hairdresser.

Looking back, I told the delegates, I think that if all the world's financial affairs had been turned over to women of the "housekeeping money" generation, there would have been no sovereign defaults, no asset-backed commercial paper debacle, no subprime mortgage meltdown.

ISTOCK



▶ Alison money rule: Set spending limits, monitor them, then tell yourself, 'when it's gone it's gone!'

And most certainly no budget overruns!

I have this image of a woman, like my late mother, passing out envelopes to government ministers, banks and other corporations and issuing a stern warning: "When it's gone, it's gone. Don't bother coming back for more!"

Throughout the conference my mother's envelope took on a life of its own. Numerous delegates came to tell me that it had been raised in their workshop and a number of presenters wove it into their speech.

I think the message is that something as tangible as cash in an envelope, designated for a certain purpose, provides the kind of spending limit no debit or credit card can do.

Maybe it is time to turn back the clock.

Financial literacy

For financial literacy resources visit the Financial Consumer Agency of Canada at fcac-acfc.gc.ca/.

OUTSOURCE THE CLEANING AND FREE UP SOME SPARE TIME

SMUG MARRIEDS

ANGELA PACIENZA & DEREK CHEZZI
2FORCOUPLES.COM
TWITTER: @SMUGMARRIEDS

My husband and I both work so our weekends are crazy busy. I'd like to hire a cleaning service to free up some time, but he thinks we'd be throwing away our cash. How can I convince him it would be money well-spent?

Derek says...

Time is money, and hiring a cleaning service is like buying yourself some spare time. If he doesn't help out already, put a dust cloth and toilet bowl brush in his hands and ask him to start scrubbing. After one Saturday afternoon, I'm sure he will find cash from his beer budget to help stuff the cleaning-bill jar.

Angela says ...

Take a look at all your expenses, and then price out what it would cost to have your home cleaned bi-weekly.

It might be easier to afford than you both realize — maybe it just means one less dinner out. Try it out a couple of times and he'll likely warm up to the feeling of coming home to a clean house after work (especially the lovely fresh bedsheets!).

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4 sports

How these rivals stack up

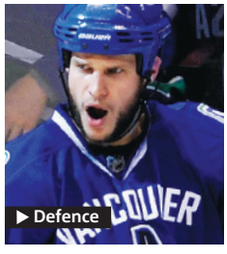
Here's a look at how the Canucks and Bruins match up (with each element rated one to 10)

Bruins

It couldn't get much closer statistically. Boston's Tim Thomas and Vancouver's Roberto Luongo each have a 2.29 goals-against average in 18 games. Thomas has a slight lead in save percentage, .929 to .922. With his sprawling, scrambling style, Thomas has had rough games, but has also been brilliant when it counts. 7.

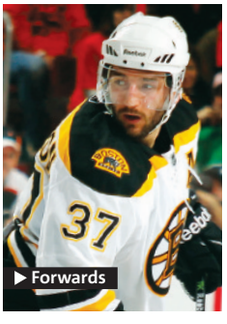
Canucks

There was fear the long-limbed Luongo would lose it mentally and he had some struggles against Chicago, but since then he has been solid, especially against a high-powered San Jose attack. The backups are also a saw-off with Corey Schneider for Vancouver and Tuukka Rask for Boston. 7.



The shutdown pair of Zdeno Chara, who leads the playoffs at plus-11, and Dennis Seidenberg, who leads with 55 blocked shots, has excelled and the other two pairs, Andrew Ference with Johnny Boychuck and Tomas Kaberle with Adam McQuaid, have improved each series. Kaberle has laboured to adapt in Boston, but his recent improvement could prove crucial in the final. 7.

The Canucks' top pair has not been shabby either: Kevin Bieksa is plus-10 with Dan Hamhuis. Where the Canucks have the edge is in depth and mobility. Sami Salo, Alexander Edler and Christian Ehrhoff are all strong puck-movers. Ehrhoff and Aaron Rome are due back after suffering injuries in the conference final. And they have Keith Ballard in reserve. 8.

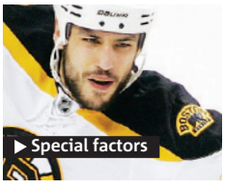


There are no dazzling scorers, but four hard-working, defensively sound lines. First-line centre Patrice Bergeron is having a brilliant playoff and is the faceoff king at 62.3 per cent, while his winger Brad Marchand has been key in many areas even as right-winger Mark Recchi has struggled, though Rich Peverley is a solid fill-in when needed. Second-line centre David Krejci leads the playoffs in goals with 10, while linemate Nathan Horton has been Mr. Clutch with two Game 7 winners. The third man on the line, Milan Lucic, has been a step behind. The third line of Chris Kelly, Michael Ryder and Tyler Seguin is also dangerous. 7.

Henrik Sedin leads the playoffs with 21 points while Daniel Sedin has 16 and their gritty winger Alexandre Burrows snaps in what they leave behind. But the real strength follows with Ryan Kesler as second-line centre, bringing grit, scoring and faceoff skill with Mason Raymond and, lately, Chris Higgins. The return of Manny Malhotra from an eye injury should boost a nasty checking third line with Raffi Torres and Jannik Hansen and allows useful Max Lapierre to play on the fourth unit. 9.

What a coincidence: Boston's Claude Julien and Vancouver's Alain Vigneault played together in the minors, coached the Hull (now Gatineau) Olympiques in the QMJHL and got their NHL start with Montreal. Julien likes physical hockey and strong team defence. His inability to sort out special teams has been a drawback, but his team's even-strength play is impressive. 7.

Vigneault has the league's top offensive club thanks mainly to the Sedin twins. He likes to control the puck and keep the defence involved in the attack. Biggest success to date is helping to get Luongo over his Chicago yips. 7.



The Bruins' special teams are bad, but they are the best even-strength team in the playoffs by a wide margin. While many teams labour to score 5-on-5 in the tight post-season checking, that's where the Bruins are most at home. 8.

The Canucks have five of the top six hits leaders in the post-season with Lapierre (63), Bieksa (62), Kesler (56), Edler (55) and Higgins (48). That's a lot of wear and tear on opponents. Lucic leads Boston with 43. 7.

The Bruins are 68-24-16 all-time against the Canucks in the regular season and beat them 3-1 in Vancouver in their only meeting this season on Feb. 26. Lucic has been quiet in the playoffs thus far, but he is a Vancouver native who could bring his bruising best in the final. 7.

The Canucks were first overall in the 30-team NHL with 117 points. First-overall teams have won the Cup 38 per cent of the time, but are especially tough when they reach the final. The last to do it was Detroit in 2008. Then there's the much talked about Olympic thing: Montreal won in 1977 a year after hosting the Games, Calgary did the same in 1989. Vancouver held the Winter Olympics last year. 9. THE CANADIAN PRESS

Quoted

"Normally, when you're our age, people count you out. They say you don't have anything left in the tank. But as you get older in this league, you get wiser."

MIAMI'S JUWAN HOWARD, ON DALLAS'S JASON KIDD. HOWARD WAS DRAFTED A FEW SPOTS AFTER KIDD IN 1994-95 AND IS THE ONLY PLAYER OLDER THAN KIDD IN THIS YEAR'S NBA FINALS. BOTH PLAYERS ARE 38.

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RICH LAM/GETTY IMAGES

▶ Ryan Kesler of the Canucks battles with the Bruins' Tomas Kaberle in a regular-season game in Vancouver on Feb. 26.

Cup final has makings of a classic

Bruins plan to be physical against well-rested Canucks

The date was Feb. 26, there were stars aplenty on both sides and the Vancouver Canucks and Boston Bruins met on Hockey Night in Canada in what turned out to be a dandy.

Little did they know that the Bruins' 3-1 victory in Vancouver would turn out to be a preview of the Stanley Cup final.

But to the Bruins, it was just one regular-season game out of 82. Sure, it was a big win. Tim Thomas made 26 saves and Vancouver native Milan Lucic scored the game winner. It was a feel-good night, for sure.

The Bruins practised one last time in Boston yesterday before heading to Vancouver and were complimentary of their opponent.

"Obviously, they're a President's Trophy winner, they're a great hockey team, deep and well coached, and we'll look at things we have to do," Bruins forward Mark Recchi said. "Any key to your team's success is how you play personally. I think we focus on what we do ourselves ... It's who's going to want it more and who's going to play to their abilities the best."

By the time the puck drops in Game 1 tomorrow night, the Canucks will have had seven days off.

"That's a real challenge for us, to be aggressive but not be stupid about it. So, we have to be smart in our defensive play."
BOSTON'S DENNIS SEIDENBERG ON DEFENDING THE SEDIN TWINS

The Canucks have many weapons, most notably Daniel and Henrik Sedin, the twin forwards who, along with forward Ryan Kesler and goaltender Roberto Luongo, have led this Vancouver renaissance. Together, the Sedins have 37 points this post-season, and Daniel has eight goals.

Kesler could be the X-factor, though. Too much concentration on the Sedins, and the rugged centre will pounce. Kesler scored 41 goals in a breakout regular-season and has followed that up with seven goals and 11 assists in the playoffs.

"There is a lot of skill, there is a lot of speed," Boston coach Claude Julien said in reference to the Canucks. "So, they are a pretty potent team and, obviously, they thrive on their power play. So, we are going to have to be a physical team. But we are also going to have to be a very disciplined team."

THE ASSOCIATED PRESS

STANLEY CUP FINAL

Canucks study tape of alien B's

Every edge counts and the Vancouver Canucks are looking to video to provide one in the Stanley Cup final against the Boston Bruins.

The series opener is tomorrow night, but the teams hardly know each other in game situations because they play in different conferences.

They face each other maybe once a year, during the NHL's regular-season grind with little preparation time.

But the two clubs will know each other a little better through video before they step on the ice in Vancouver.

"That's what we're going to use the next couple of days for," goalie Roberto Luongo said after yesterday's practice.

"We're going to get as much video as we can on them, go through their players, making sure we know everything we need to know about them, their systems and their tendencies and make sure we're as ready as we can be and we don't get any surprises."

Even though he used to play in the Eastern Conference, Luongo said he's familiar with only two Bruin forwards — Nathan Horton and Patrice Bergeron.

"Most of them are going to be (familiar) through video and talking to (goalie coach) Rollie (Melanson) and guys who have played with their players," Luongo said.

Coach Alain Vigneault said watching video of the Bruins will be like looking at a brand new opponent.

"That one game in the season is probably not reflective of how both teams play on a regular basis," Vigneault said.

"I don't think you can put too much emphasis on the stats from that game."

One Canuck who won't need much video to become familiar with the Bruins is Maxim Lapierre, who has faced them many times as a member of the Montreal Canadiens.

His scouting report was succinct and to the point. "It's a team that's going to show up every shift on the ice," he said.

"It's going to be tough and it's going to be a war."

THE CANADIAN PRESS

Reports say Thrashers' move to Winnipeg nearly done

The Winnipeg NHL watch continues with reports that the Atlanta Thrashers' sale could be complete this week, possibly as early as today.

The Thrashers' owners are in negotiations with True North Sports and Entertainment, which wants to move the team to Winnipeg.

While reports suggested the news might come sooner rather than later, those in the know chose their words carefully yesterday afternoon.

True North spokesman Scott Brown told The Canadian Press via email that "no press conference has been scheduled as of yet."

And NHL deputy commissioner Bill Daly said in an email that "there is nothing done as of now."

The NHL would likely prefer the Thrashers' sale is announced on a Stanley Cup final off-day.

Still, Daly told The Associated Press yesterday there is no strict rule against releasing big news during the final.

Daly said, "It's certainly possible something will be finalized this week."

Yesterday was Memorial Day in the U.S.

The two sides have been working through complex legal details on the sale and relocation of the team. Thrashers fans' hopes for a late local buyer have not been realized.

NHL commissioner Gary Bettman said on his weekly radio show on Thursday the inability to find an owner who wants to keep the team in Atlanta is a barrier the league can't overcome.

"It would be one of those head scratchers where you say, 'Look at all of this great corporate opportunity, look at all of this grassroots hockey, why doesn't somebody want to own a team here?'" Bettman said. "And that would be a difficult but unfortunate situation to be dealing with if it has reached, or does reach that point."

THE CANADIAN PRESS

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Return of the King

James back in NBA finals for first time since being swept in 2007

LeBron James walked through the tunnel leading from the Miami Heat locker-room yesterday, stepped onto the court and gave a yell. He looked down at the NBA finals logo newly affixed on the floor, smiled and nodded.

With that, it became real. His championship chance — the biggest reason he came to Miami — has arrived.

Swept out of his only other finals appearance, James will get his long-awaited second opportunity starting tonight when the Heat host the Dallas Mavericks in Game 1 of the NBA's title series. After a year like no other in his life, starting with the much-criticized "Decision," his jerseys being torched in Cleveland and never-ending, intense scrutiny of his every move, the last challenge will likely prove to be the toughest of them all.

DAVID J. PHILLIP/THE ASSOCIATED PRESS

▶ Dwyane Wade, left, and LeBron James share a laugh yesterday during practice.

"I'm honoured to be here once again," said James, who led the Cavaliers to the 2007 finals and lost in four games to San Antonio.

"Now with this franchise, it's an honour. As players, we worked hard. I worked hard individually to get to this point. And I had a lot of visions of being in this moment and now it's hit me, being on that floor, seeing the championship logos and everything, the finals logos. I'm very excited."

It showed yesterday.

He chatted with teammates, taking part in a long shooting contest and looking perfectly comfortable as dozens of photographers clicked away for 30 straight minutes. By now, being under the microscope is an accepted part of the deal for James, who has been dealing with this since his high school days.

Those close to the two-time NBA MVP say his focus is even sharper than usual. And to James, a championship would mean everything that took place since he publicly said he would join the Heat was all worthwhile.

THE ASSOCIATED PRESS

MAVERICKS HEAT

▶ **Time:** 6 p.m.
TV: TSN, ABC

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Cruises

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from **$338**
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FEATURES Astoria & San Francisco. Sails from Vancouver to Los Angeles.

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FEATURES Cheju Do (overnight) and Hong Kong (overnight). Sail Shanghai to Hong Kong. Interior stateroom.

Transatlantic
13-Night Cruise from USD **$499**
+ taxes & fees USD $73
FEATURES Cartagena, Seville and Ponta Delgada. Sails from Barcelona to New Orleans. Interior stateroom.

Alaska 7-Night Cruise from USD **$649**
+ taxes & fees USD $150
FEATURES Inside Passage (cruising), Ketchikan, Icy Strait Point, Juneau, Skagway and Hubbard Glacier (cruising). Sail from Vancouver to Seward. Interior stateroom.

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FEATURES Hilo, Mount Kilauea (evening sail), Kailua (Kona), Lahaina (Maui) and Honolulu (overnight). Sails from Ensenada to Honolulu. Interior stateroom.

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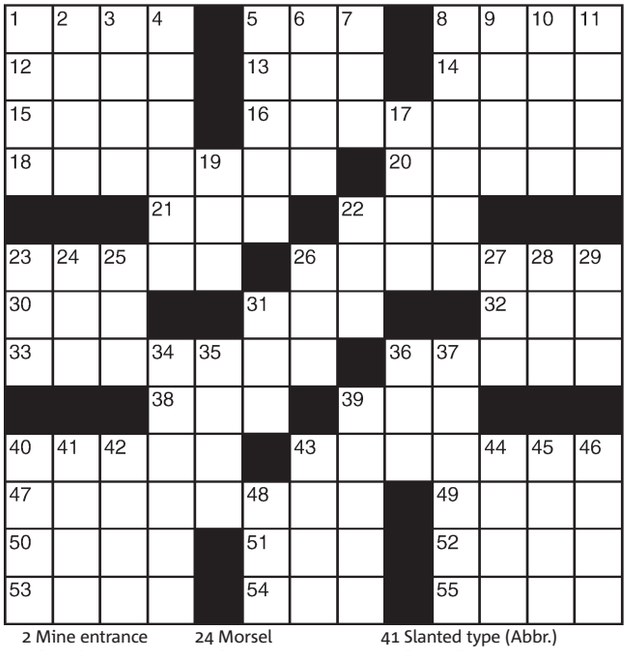
Crossword



Across
1 Ragamuffin
5 Suitable
8 Academic
12 Stench
13 Bakery purchase
14 Jason's ship
15 New Zealand bird
16 Norm
18 Livingstone's rescuer
20 Just sat there
21 Petrol
22 Individual
23 Westminster, for one
26 Of tin
30 Round Table address
31 Enthusiast
32 Alias abbr.
33 Suffragist Elizabeth Cady —
36 Just defeated, with "out"
38 Eg. and Syr., once
39 Pigpen
40 Actor Quinn
43 Comedy style
47 Horse-drawn carriage
49 Emanation
50 Body powder
51 Sheepish remark?
52 Periodicals, for short
53 Sheltered
54 Doctrine
55 Bullring bravos

Down
1 Stir-fry vessels
2 Mine entrance
3 Corn Belt state
4 Surrey decoration
5 Church sections
6 Compassion
7 Afternoon beverage
8 Enrage
9 Exam format
10 Shrek, for one
11 Lincoln in-law
17 1492 carrier
19 Deposit
22 Mel of Cooperstown
23 Donkey
24 Morsel
25 Support system?
26 Baltimore newspaper
27 Gripe repeatedly
28 Eisenhower
29 Scoundrel
31 Neither partner
34 Subtlety
35 Trig. function
36 Greek vowel
37 Generator
39 Kettle output
40 "The Thin Man" dog
41 Slanted type (Abbr.)
42 Driver Earnhardt
43 Resorts 44 Two-way
45 Desire 46 Elapse
48 Japanese sash

▶ Yesterday's answer

T	U	T	U		F	I	E		A	C	H	Y
O	V	E	N		O	D	E		C	H	O	U
M	E	N	S		R	O	L	L	C	A	L	L
B	A	D	E	G	G		S	I	R	R	E	E
			A	L	I	T		S	U	I		
R	O	L	L	O	V	E	R		E	S	S	E
E	R	A		B	E	N	E	S		M	I	L
V	E	N	T		R	O	L	L	B	A	C	K
		C	A	P		R	A	U	L			
E	R	E	B	U	S		P	R	O	N	T	O
R	O	L	L	B	A	R	S		W	O	O	D
O	B	O	E		R	O	E		U	N	T	O
S	E	T	S		A	D	D		P	E	E	R

Sudoku

3		9	2		4			
8					9	2		
	4				7		1	
	1			2				3
	8						6	
6				5			7	
	3		8				2	
		6	7					1
			1		6	5		9

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

3	1	7	4	2	8	5	6	9
6	5	9	1	3	7	2	4	8
8	2	4	5	9	6	7	1	3
1	8	3	2	6	5	4	9	7
2	7	5	9	1	4	3	8	6
4	9	6	7	8	3	1	2	5
7	6	8	3	4	2	9	5	1
9	3	2	8	5	1	6	7	4
5	4	1	6	7	9	8	3	2

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thank you for an amazing weekend, i can not describe in words how you make me feel inside, lets just say when i see you my world lights up and my heart beats very strong. I hope your day goes great and know that my heart and mind are full with you today and every day.
CARLOS JUNIOR

Dear Chandra Kahn
Although it saddens me that we have to say goodbye to you, we know you will rock law school. Best of luck...we are so proud of you!
SAD LAB MATE

Dr. Wickfield
I wish there was a way to stop you from leaving us. Is there?! No?! Sigh! Ok! Somebody is gonna miss a Dr. next door and her white-out pen is gonna dry out soon!
YOUR FUTURE CHAIR OWNER

Today's horoscope

For today's crossword answers and horoscopes: metronews.ca

♈ Aries March 21-April 20 Do something that others do not approve of.

♉ Taurus April 21-May 21 Amaze friends and family alike: do something unexpected.

♊ Gemini May 22-June 21 Are you the only sane person left in the world? Maybe you are, but more likely you are seeing things from the wrong angle.

♋ Cancer June 22-July 22 Don't bother trying to reason with other people today, because they are driven by emotion and superstition.

♌ Leo July 23-Aug.23 Do whatever it takes to stay in good spirits.

♍ Virgo Aug. 24- Sept. 22 Just because others are greeting the day with a frown does not mean you have to do likewise.

♎ Libra Sept. 23-Oct. 23 If you don't feel like working today then don't force yourself.

♏ Scorpio Oct. 24-Nov. 22 You are where you are, so get real and make the best of it.

♐ Sagittarius Nov. 23-Dec. 21 There are days when it is wiser to keep your thoughts to yourself and this is one of them.

♑ Capricorn Dec. 22-Jan. 20 Employers and colleagues will be demanding today.

♒ Aquarius Jan. 21-Feb. 18 There is a thin line between genius and folly.

♓ Pisces Feb. 19-March 20. Don't let your imagination get in the way of logic.

SALLY BROMPTON

MAHESH KUMAR A./THE ASSOCIATED PRESS

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MATTHIAS SCHRADER/THE ASSOCIATED PRESS

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